

MINUTES
DD/S STAFF MEETING
8 August 1972

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2. Health Education Program -- [redacted]

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a. Mr. Coffey noted that the new expanded Health Education Program has been recommended by the Director of Medical Services. It has been encouraged by the Director, who has continuing interest in conserving Agency manpower.

b. [redacted] explained that, in the past, OMS has tried to educate people on an individual basis about ways to better their health. The new Health Education Program will be expanded to reach larger groups of Agency employees. For example, OMS is engaged in a pilot smoking clinic at the Chamber of Commerce building.

c. OMS plans to publish a quarterly newsletter for all employees. The draft of the first newsletter covers topics like:

- (1) obesity and its relationship to heart disease;
- (2) effects of "jet lag" that affects people traveling long distances by plane;
- (3) alcohol and its harmful effects on cardiac patients;
- (4) effects of smoking (by others) on non-smokers;
- (5) marijuana's effects on sleeping.

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